

CASTLE NEWS

Serving the community leagues of
Baturyn, Caernarvon, Carlisle, Cumberland/Oxford,
Dunluce, Lorelei/Beaumaris

Dec 2017/Jan 2018



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

Neil & Val Chymko Education Grant



Carlisle would like to congratulate Francesca Potestio as the recipient of the 2017 Neil & Val Chymko Education Grant and we wish her all the best with her future and educational goals.

Dunluce Spring Meeting, Soccer & Ball Registration

Sunday, February 25, 2018 @
2:00 pm

Dunluce Hall, 11620 – 162 Avenue

Come register for outdoor soccer and softball. Only cash and cheques accepted (credit cards or debit NOT available). To register you will:

1) Purchase a \$25.00 Dunluce Community League membership fee (cash/cheque), valid Sept 1/17 to Aug 31/18, one per household, per year.

2) Leave a \$200 undated volunteer deposit cheque for EACH child being registered. Failure to fulfill your volunteer commitment(s) as chosen will result in your deposit(s) cheque being cashed. Your cheque will be returned when you complete your volunteer shift.

3) Register & pay ball fees by cash/cheque. You must PRE-REGISTER for soccer online, and bring 2 printed copies of your registration confirmation with you.,

Bring child's Birth Certificate for verification of age.



****ALL THREE STEPS MUST BE COMPLETED BEFORE YOU LEAVE OR YOUR CHILD WILL NOT BE PLACED ON A TEAM****

A \$100 soccer uniform deposit (*does not apply to softball) is required, and this deposit returned at the end of season when your uniform is returned.

At this meeting, you must sign up for one volunteer commitment PER CHILD.

After this date, you must sign up for two volunteer commitments PER

CHILD. Separate deposit cheques required for each child. Children are not required to attend this meeting. Parents wishing to coach can sign up at this time.

Registrations accepted after this meeting will be subject to a \$50.00 late fee. All cheques payable to "Dunluce Community League". Elections are held to fill any vacant Board positions. Please consider volunteering.

Visit Dunlucecl.ca for fees, ages and game nights

Breakfast with Santa and Mrs. Claus

CRAFTS, PHOTOS, FUN!

**Eggs, Bacon, Pancakes, Halal Sausage,
Juice, Coffee and more!**

**SUNDAY, DECEMBER 10, 2017
CAERNARVON COMMUNITY HALL**



**\$5 Members
\$10 Non-Members**

holiday Craft Fair

At Lorelei Beaumaris Community Hall

16220-103 street

Friday, December 8 from 6pm to 9pm

Saturday, December 9 from 9am to 4pm

Table rental: \$10

To reserve your spot contact
Sabrina @ 780-707-9342 or
sabrina.passions@gmail.com

First come, first serve, so book now!

Tables must be paid for to guarantee your reservation.



Family Friendly New Year's Eve Party at Baturyn Hall 5pm-8pm

Advance Tickets Only

Doors open at 5pm

3-course dinner at 6pm

(Vegetarian option available)

Toonie Bar

Photobooth

Dance from 6:30-8

Music & Activities

\$20 General

\$10 Child/Student/Senior

\$50 Family (2 adults & 2 kids)

3 & Under FREE

Contact president@baturyn.ca
or call 780-378-0085

for tickets.

**Fireworks
at 8pm!**



Baturyn News



Community League Board Contacts

Positions are filled on a voluntary basis.

If you are interested in board positions or would like to get involved, please contact the Board President at president@baturyn.ca to inquire about vacancies and opportunities.

Position	Name	Email
President	Courtney Barnes	president@baturyn.ca
Vice President	Nicole Yankee	vicepresident@baturyn.ca
Secretary	Tricia Stettner	secretary@baturyn.ca
Treasurer	Paul Petersen	treasurer@baturyn.ca
Facilities Director	Earl Archer	facilities@baturyn.ca
Hall Rental Rep	Colleen H.	rentals@baturyn.ca
Volunteer Director	VACANT (Nicole Yankee)	volunteers@baturyn.ca
Ways & Means Director	Jared Huston	finance@baturyn.ca
Communications Director	VACANT	communications@baturyn.ca
Communications Assistant	Angela Ferguson	communications@baturyn.ca
Program Director	Angela Ferguson	programs@baturyn.ca
Sports Director	Lynn Archer	sports@baturyn.ca
Soccer Chairperson	Candice Bevan	soccer@baturyn.ca
Soft Ball Chairperson	Melissa Voll	softball@baturyn.ca
Social Director	VACANT	social@baturyn.ca
Membership Rep	Samantha McRae	membership@baturyn.ca
Membership Rep (Online)	Valerie Boychuk	membership@baturyn.ca
Bingo Chairperson	VACANT (Nicole Yankee)	bingo@baturyn.ca
CDRS Rep	VACANT	cdrs1@baturyn.ca
CDRS Rep	VACANT	cdrs2@baturyn.ca
Variety Show Rep	Shyehana Goonewardena	varietyshow@baturyn.ca
Variety Show Rep	Holly Twerdochlib	varietyshow@baturyn.ca
Playschool Chair	Kelly Young	bcps.chair@gmail.com

Board Meetings are held on the 1st Monday of the Month at 7pm
July & August: No Scheduled Meetings



Baturyn Community League
Hall: 10505 172 Avenue
Phone: 780 - 457- 4347
Website: Baturyn.ca

Planning a big party or hosting a big event?

Baturyn Community Hall may be the place for you; located between St. Charles Elementary School and Baturyn Elementary School, Baturyn Community Hall features a full commercial kitchen, bar, coat room, covered back patio with large BBQ, Fire Pit, & 2 boarded sports fields. For events involving children there is also a community playground located in front of the hall and basketball court located beside the hall.



10505 172 Avenue
rentals@baturyn.ca

Hall Features:

- Seating Capacity: 275
- Hall Size: 55ft x 65ft
- Tables: 43 rectangular tables (seats 8)
- Chairs: 275
- Wheel Chair Accessible
- Plenty of Parking
- Industrial Kitchen Appliances – Gas Stove, Walk In Fridge, Microwave, Freezer, Dishwasher
- Large Kitchen Preparation Space
- Separate Bar with 2 door fridge & freezer
- Large Dance Floor
- Air Conditioning

Hall Rental Information:

Standard Rates	
Rental Period	Rates
Weekday Evenings	\$35/hr
Saturday 10:00 am – Sunday 10:00 am	\$425
Sunday 11:00 am – 5:00 pm	\$150
Sunday (Long Weekend)	\$250
Package Rates	
Rental Period	Rates
Friday 6:00 pm – Sunday 10:00 am	\$500
Saturday 10:00 am – Sunday 5:00 pm	\$550
Friday 6:00 pm – Sunday 5:00 pm	\$600

Notes & Exceptions:

1. All rentals require a signed contract
2. Damage deposit is equal to the rental rate and will be refunded upon inspection of the hall after the event; final rental payment is due 30 days prior to the event.
3. Parking is constrained in the area and the parking lot is not available until after 5:00 pm during the school year.

To inquire about renting the hall, please email rentals@baturyn.ca.

Baturyn Ice Rinks

As the weather has turned colder Baturyn Community League has been asked if the rinks will be open this year. Unfortunately, as in the past several years, BCL has not received any volunteers willing to make and maintain the ice. The closest community league with ice is Lorelei Beaumaris (skate tags needed) or there is also public ice near the YMCA (skate tags not needed). That said, we do understand that ice rinks are important to our community. While it is likely too late for this year, our Vice President is actively looking for volunteers who would be willing to be part of an Ice Rink Committee for the fall of 2018. There will be much to discuss and a business plan must be created. Not only do we need someone to spearhead the project (it would require a dedicated team of people, not just one or two), but there are also financial considerations. Anyone interested in joining this sub committee, please email vicepresident@baturyn.ca and we will assemble a meeting.

2017/2018 Membership

The new membership year started September 1st. Get your membership and enjoy the special perks of being a member.

Annual Memberships are valid from September 1st to August 31st.

Membership Fees:

Family \$25.00

Single (16+) \$25.00

Senior (55+) \$10.00

Membership Benefits:

- Access to community hosted events
- Access to all Community League ice rinks (with skate tags)
- Community League sports programs
- Free access to community swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, or O'Leary Fitness & Leisure Centre
- Free access to all Community League outdoor rinks
- 20% discount on City of Edmonton Recreation Facilities Adult, Family, Child, and Youth/Senior annual passes or continuous monthly passes. 15% off Multi-Pass purchases. To learn more please call 311 or visit www.edmonton.ca/wellness
- NEW - 30% off all Cloverdale Paint products and up to 20% off all sundry items.

Memberships are required to access programs offered by your Baturyn Community League.

Get your membership today by going to EFCL.org or your local Servus Credit Union.

Your membership fees help support the delivery of various community programs and events.

Baturyn Community League

Proudly supporting the communities of
Baturyn, Elsinore/Chambery (Castlebrook),
Canossa (Castlewood), & Rapperswill (Newcastle)
Website: Baturyn.ca or find us on Facebook

Annual General Meeting

Plans are underway for our AGM on

FEBRUARY 11, 2018

@ 12 Noon at the Hall

A free lunch will be provided starting at 11:30
Attend for your chance to win one FREE sports registration
or one of three other Door Prizes!

The Neighbourhood Engagement Team (NET) will be in attendance to discuss any community safety concerns, and we are hoping to have a representative from EPS come speak on how Cannabis Legalization may affect our community.

This is a great opportunity to hear about what is going on in your Community, hear about upcoming plans, and participate in Board elections.

We welcome all volunteers, and Board Volunteer position descriptions can be found on our website www.baturyn.ca, and will be shared on Facebook closer to the date.

Double Header!



Paint Night AND Cardmaking



Friday, Jan. 19th @ 7pm

Cost: \$35 for members; \$40 for non-members
(Memberships can be purchased at the event)

Cash Bar, Max 25 participants

For tickets, contact Jared at paintnight@baturyn.ca.

Changes to Membership Purchasing

Effective January 1st, 2018 memberships will no longer be available for purchase through the Baturyn.ca website. They will continue to be available through the "Find or join your league" link on EFCL.org, at your local Servus Credit Union, at all Baturyn sports registration events, and at Baturyn social events throughout the year.

If you purchased your 2017/18 membership this fall and have not received your membership card, we apologize and encourage you to email memberships@baturyn.ca so we can arrange a replacement card. Skate tags are also available for use at other community skating rinks in Edmonton and can also be requested by emailing Memberships.

Want to know what is going on in your community?

To find out community announcements and events

Find us at [www.facebook.com/](http://www.facebook.com/BaturynCommunityLeague)

BaturynCommunityLeague





Baturyn Community League
 Proudly supporting the communities of
 Baturyn, Elsinore/Chambery (Castlebrook),
 Canossa (Castlewood), & Rapperswill (Newcastle)
 Website: Baturyn.ca or find us on Facebook

Outdoor Sports Registration

2018 Soccer and Softball season will begin on February 11, 2018

For **Soccer registrants**, you will be required to register online by going to the EMSA's website at <https://emsasoccerportal.com>. To complete the registration process, you will also be required to attend one of the registration sessions listed below.

For **Softball registrants**, you will be required to attend one of the sessions listed below.

Registration sessions will be held at Baturyn Hall, 10505 172 Avenue on the following dates:

AGM & Registration:
Sunday, February 11th, Noon to 3:30pm

2nd Registration:
Sunday, March 4th, 10am to Noon

Late Registration*:
Wednesday, March 21st, 6pm-7:30pm

*Please note there is a fee for late registration of \$25 and late registrants are required to fulfill two volunteer commitments per child.

Registration information, including sports fee information will be available online at www.Baturyn.ca closer to February 2018.

CASTLEDOWNS Dental Centre

Dr. Tarek Tarchichi
www.castledownsdentalcentre.com
780-456-2990
11816-145 Ave

***New Patients Welcome.
 Emergency & Walkins.
 Apointments Available
 Gentle Dentistry for
 the whole family.***

Dental Centre Hours

Monday to Friday 8 am to 5 pm
 Saturdays 9 am to 4 pm

We are closed on Sunday & Public Holidays

At Castledowns Dental Centre, We are more than glad to offer you the following services:

- Root Canal Treatment
- White Fillings
- Wisdom Tooth Extractions
- Partial Dentures
- Dental Implants
- Sedation
- Crown & Bridges
- Veneers
- In office Zoom Teeth Whitening

We Accept:

**SERVING THE
PEOPLE OF
EDMONTON
MANNING**

Canada 150

If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.

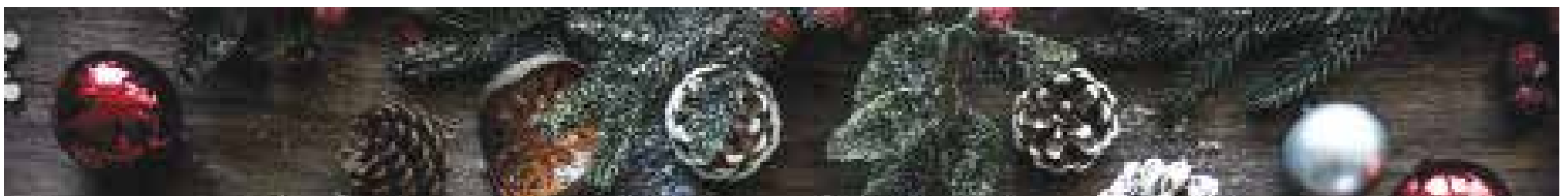
- * Canada Pension Plan/Old Age Security
- * Guaranteed Income Supplement * Citizenship Inquiries
- * Immigration Matters * Canadian Passport/Consular Affairs
- * Business Opportunities/Grants & Funding
- * Student Loans * Taxation

SUITE 204A 8119 - 160 AVENUE
 EDMONTON, ALBERTA T5Z 0G3
ZIAD.ABOULTAIF.C1@PARL.GC.CA • 780-822-1540
WWW.ZIADABOULTAIF.CA

ZIAD

ABOULTAIF MP

EDMONTON MANNING



Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

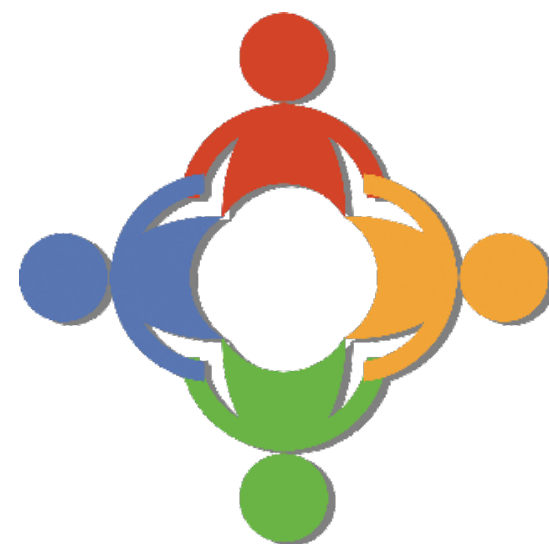
- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

www.albertahealthservices.ca

Currently Accepting Registrations for 2017- 2018 Spots Still Available



We offer a fun, play-based program that builds your child's social and academic skills. Students are introduced to the joys of learning by participating in in-school and out-of-school field trips, taking part in pre-reading, science and math projects, crafts, games, songs and music, kinder-cooking and daily physical activity.

LOCATION: Baturyn Community Hall, 10505 172 Avenue

COST TO REGISTER: \$45 non-refundable registration fee. Other payments (monthly fees etc.) will be handed in at the August final registration meeting.

Registration is available on a first come, first served basis.

For 3 year olds: Tuesdays and Thursdays

AM Class – 9:00am to 11:30am

For 4 year olds: Mondays, Wednesdays, and Fridays

AM Class – 9:00am to 11:30 am

or PM class – 12:45pm to 3:15pm

***Child must be 3 years of age at the start of the playschool year for the three year old class. ALL children must be fully toilet trained for any class.**

Find us on Facebook by typing www.facebook.com/BaturynCommunityPlayschool

For more information, please visit our website at baturynplayschooledmonton.weebly.com or email our co-chair at bcps.cochair@gmail.com for more information on how to register.

Volunteer Opportunities

“Volunteers don’t necessarily have the time; they just have the heart” – Elizabeth Andrew

We have several vacancies on the Baturyn board that we would really appreciate some help filling. Current openings include: Communications Director, Volunteer Director, Castle Downs Recreation Society (CDRS) Representatives (x2), Social Director, Bingo Chair, and Website Developer. Board meetings are held once a month, on the first Monday of the month, at 7pm, at the hall. If any of these positions interest you, please contact Courtney at president@baturyn.ca.

These positions are currently being back-filled by board members in other positions but many hands lighten the load!

Don't want to take on a Director Position? Perhaps you don't want to take on a Director Position but you would like to contribute some time to community events? We would be more than happy to facilitate this as well! Email vicepresident@baturyn.ca with your interest and we will try and find something that fits!

What is the Castle Downs Recreation Society (CDRS)?

Castle Downs Recreation Society (CDRS) is

a group made up of the community leagues in the Castle Downs area, that acts as sort of a “greater Castle Downs” community league in that they take on a broader range of facilities and issues, as well as delivering a variety of programs. (A full description is available at <http://www.castledowns.ca/>).

Acting on behalf of Baturyn Community League (BCL), our CDRS reps attend and participate in Baturyn board meetings. They then report on BCL issues and decisions at the monthly CDRS board meeting. In turn, the CDRS Rep reports back to the BCL board any information pertinent to the

community from CDRS. This is an excellent opportunity for anyone who is interested in what is happening in our Castle Downs communities, and would be willing to act as a voice for the Baturyn Community League on a larger scale.

Regarding Bingos & Casinos

Bingos and Casinos are an important part of our community league operations as they provide the league with much needed funds to not only help run programs and events, but also to pay for utilities and keep the community hall doors open. We appreciate our many volunteers!

Caernarvon News

Caernarvon Community League Executive

14830 - 118 Street NW, Edmonton AB, T5X 1T4

(780) 456-3435

(Phone or Text)

president@caernarvon.ca
treasurer.ccl@shaw.ca

President	Evan Hellyer
Vice President	Jennifer Schell
Treasurer	Teena Burrell
Secretary	Dawn Nebeker
Hall Rental	Jennifer Schell Danny Burrell
Bingo	Amanda Evans
Casino	Amanda Evans
CDRS	Danny Burrell
CDRS	Jennifer Schell
Equipment	D'Arcy Sommer
Equipment (2)	Giovanni Borrelli
Equipment (3)	Sandy Reda
Membership	Lynne Hellyer
Newsletter	Dawn Nebeker
Programs	Amanda Evans
Signs	Christina Burynuik
Soccer	Toni Borrelli
Social	Kati Hutt
Variety Show	Pam Irwin
Baseball	VACANT
Casino (2)	VACANT
Hall Maintenance	VACANT
Member At Large	VACANT
Variety Show (2)	VACANT

Hall Rentals

If you are looking for a site to host your next big event, give the Caernarvon Community Hall a try! It is wheelchair accessible. We are one of the only halls in the city that offers clean up after the event.

The Hall includes a coat room, raised stage, full kitchen with brand-new Commercial gas stove with 2 ovens, wet bar, glass door refrigerators, plenty of kitchen prep space, tables (round and rectangular), and chairs. Also available for an additional fee or deposit are dishes, cutlery, commercial BBQ, Theatre Popcorn Machine and Sound System with Wireless Microphone.

Seating Capacity

250 guests - Theatre-style seating facing stage

220 guests - Dining, Beverages, without a Dance Floor

185 guests - Dining, Beverages, and Dance Floor

Please call or text 780 456-3435 if you have questions or would like an appointment to view the facilities.

Hall Rental Rates

Hourly (Monday - Thursday) with a minimum of 2-hour rental

Boardroom: \$20

Hall: \$35

Daily

(Sunday - Thursday 8am to 3am)

Hall: \$300

Friday (8am to Saturday 3am)

Hall: \$400

Saturday (8am to Sunday 3am)

Hall: \$450

Weekend Rates

Friday and Saturday (5pm Friday until 3am Sunday) OR

Saturday and Sunday (8am Saturday to 5pm Sunday)

Hall: \$550

Add-Ons

Large BBQ \$50

Theatre Popcorn Machine \$50

Dishes Rental \$50

(plates, cutlery, glassware, some small wears)

Damage Deposits

Daily Hall Rental: \$1000

Hourly Hall Rental: \$250

Sound System Deposit: \$500

If you don't see your arrangements of dates or times, please call or text 780 456-3435 for a quote from our rental directors.

Caerny Bucks

Caerny Bucks are worth \$40 and are given to people who work extra bingos when they cannot be filled with sports registration commitments.

These valuable credits can be put towards registered programs such as soccer registration, YMCA memberships, or City of Edmonton registered programs.

If you would like to be included on the Caerny Buck list to work Bingos please contact our Bingo Director Lynne Hellyer at bingo@caernarvon.ca.

Facebook

Keep up to date in our community with registrations, events, sports, and so much more! Look up "Caernarvon Community League" and select "Like" and "Follow".



Membership

Community League membership is accompanied by these perks: access to community hosted events, Community League sports programs, free swim times at the YMCA, Grand Trunk Fitness & Leisure Centre, and O'Leary Fitness & Leisure Centre, free access to all Community League outdoor rinks, 20% discount on City of Edmonton Recreation Facilities annual passes or continuous monthly passes. 15% off Multi-Pass purchases. Visit <http://efcl.org/membership> to purchase or attend one of our events!

Skating at the hall

We have two outdoor ice rinks that will open in December. Mark skating down on the calendar for early in the New Year!

Casino / Bingo

We have a Casino coming up and need volunteers to help raise funds for our community! Our dates are May 25 and 26, 2017. If you're interested please contact us by phone or text to 780-456-3435! We are looking for volunteers to work upcoming Bingo nights. Bingos bring money into the Community League and supplement activities we offer as well as pay the utilities for the Hall. We offer Caerny Bucks towards registered activities in Edmonton. Call Lynne at 780-641-4996 for more details or check out our Facebook page.

Employment Opportunity - Ice Rink Caretaker

Now hiring for an Ice Rink Caretaker position for the 2017 -18 rink season.

Duties and Responsibilities

- Ice Maintenance to ensure quality ice and safety of patrons

- General Caretaking, janitorial, and cleaning duties required to maintain a high standard of cleanliness in the rink area and warm-up area.

- Snow clearing of entrances and emergency exits.

- Ability to respond to emergency situations if required

- Maintain positive working relationships with user groups, visitors, volunteers, and other employees.

- Complete minor rink repairs and preventative maintenance tasks as needed.

- Supervise patrons and visitors at the rink.

- Must be willing to work evenings and weekends.

- Must be physically able to complete job duties.

- Knowledge of ice maintenance, janitorial work, carpentry and handyman skills an asset.

Hours are negotiable and will be finalized before the position starts.

We may hire more than one person for this position depending on availability.

The job will likely begin December 1 and run until the temperatures rise (usually the end of February).

We will be interviewing in October and November. We are open to quotes as well.

Please send your resume to:

president@caernarvon.ca
OR Caernarvon Community League

Attn: Evan

14830 - 118 Street NW

Edmonton, AB T5X 1T4





Breakfast with Santa and Mrs. Claus December 10!

Sunday, December 10, 2017 we will be hosting Breakfast with Santa and Mrs. Claus. Enjoy crafts and fun at this family event. Caernarvon Community League members \$5 per person, non-members \$10 per person.

Breakfast includes pancakes, bacon, sausage, juice, coffee and more! Halal options also offered.

FREE DROP-IN

LEARN TO SKATE PROGRAM


LOCATION	DATES	DAYS	TIMES
Caernarvon 14830—118 St	January 14 to February 18	Sunday	2:00 PM to 5:00 PM


Meet new friends and learn basic skating skills through fun games and activities! This is a free drop in program targeted for children (ages 6-12), and their families, however all are welcome to attend.

Skates and helmets are not provided but both are required to participate.

Programs will cancel at -25° Celsius with wind chill, or if the ice is closed by the facility.

For more information, please visit:
edmonton.ca/playgrounds or call 311.

 @GreenShack



FREE DROP-IN

WINTER GREEN SHACK




LOCATION	DATES	DAYS	TIMES
Caernarvon Park 14830 118 St	January 6 To February 2	Tuesdays, Wednesdays, Saturdays	Tues & Wed: 3:30-6:00pm Sat: 1:00-5:00pm

Our Green Shack program is now running in select locations in the winter months. Come and join us for games, crafts, sports, outdoor cooking and more!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit:
edmonton.ca/dropincommunityprograms or call 311.  @GreenShack



November is Diabetes Month - How to lower your risk

Diabetes is a large and growing health problem for Albertans. In 2015, the estimated number of Albertans living with diabetes (type 1 and type 2) is 288,000. November marks diabetes month and an opportunity to raise awareness of this disease and educate Albertans on what they can do to protect their health.

Did you know your lifestyle can raise or lower your risk for type 2 diabetes? Here are some healthy lifestyle habits to help lower your risk.

Manage your weight: If you carry extra weight, reducing your weight by 5-10 per

cent will lower your risk for type 2 diabetes by half. If you would like help with weight loss, ask your doctor to refer you to a dietitian.

Be active: Aim to be active for at least 30 minutes, 5-7 days each week. Try activities that make your heart beat faster like brisk walking, swimming, cross country skiing, sports, or running. You should breathe faster but still be able to talk.

Follow Canada's Food Guide: Enjoy the suggested servings from each of the four food group for your age and gender. To see the guide, visit www.healthcanada.gc.ca/

foodguide. Eat three meals every day. Spreading your food over the day helps control your blood sugar. At each meal, choose three or four food groups and fill half your plate with vegetables and fruit. Include snacks if they help you eat smaller portions at your next meal. Other healthy eating strategies to help reduce risk include:

Consume enough fibre: A high fibre diet can reduce the risk of developing diabetes. Choose foods like vegetables and fruit, high fiber whole grain products, and cooked peas, beans, and lentils.

Eat small amounts of healthy fats: Things

like olive and canola oils, avocado, nuts and fish have healthy fats. Cut down on saturated and trans fats found in animal products like cheese, butter, red meats and poultry skin.

Limit foods with added sugars: Drink water instead of juice or sweet drinks with added sugar. Limit sugar, jam, honey, desserts, candy, syrups, and sweet sauces.

Take action to help prevent diabetes, talk to your doctor about your risk, and make healthy lifestyle changes one at a time

Know your risk for developing diabetes @ <http://www.diabetes.ca/about-diabetes/take-the-test>

Stay on your feet and stay active - November is Seniors' Falls Prevention Month

Let's face it; falls can happen to anyone at any time but the reality is, as we get older our risk of falling increases. Falls are the leading cause of injury among older adults over the age of 65, and one in three Alberta seniors will fall once a year. With or without an injury, seniors who experience a fall may develop a fear of falling. This can lead to restricting activity, which can increase their risk for another fall.

"It is important to encourage seniors to get out and stay active in their communities," says

Emily Post, Provincial Continuing Care. "It is easy to think that restricting activity may reduce your risk of falling, but it can negatively affect your quality of life, contribute to physical inactivity and decreased muscle mass and lead to social isolation."

November is Falls Prevention Month. This year's theme is Finding Balance – Stay Independent. Prevent Falls. "Falls risk management and prevention is everyone's responsibility. I challenge you to look around your environ-

ment and find something that could increase someone's risk of falling – this might be in your home, at work or in your community – and make a change. We all have a role to play to help prevent a fall before it happens."

While Fall Prevention Month is geared to seniors, it's a good opportunity to remind all Albertans about the risk of falling. As temperatures drop, the risk of snow and ice increases. Every year, thousands of Albertans are hurt falling on icy roads and walkways.

Injury prevention experts say the best way to avoid falls on ice and snow is to walk like a penguin.

- Stay low
- Feet pointed out
- Walk flat footed
- Use your arms for balance

It's not the fastest or most graceful way to walk, but it will help keep you on your feet. To learn more about Finding Balance – Stay Independent. Prevent Falls. Visit www.findingbalancealberta.ca/2017-campaign/

Carlisle Community Executive 2017

Position	Filled by	Contact
President	Krista Hennigar	780- 951-7627
Vice-President	Heather Magnes	780-903-3583
Treasurer/Grants	Myer Valeriano	780-907-1198
Membership	Tara Pohl-Gobeil	780 218-3399
Secretary	Tara Pohl-Gobeil	780-218-3399
Buildings and Grounds	Ryan Simpson	780-267-7777
Bingo Chairperson	Chantal Brown	780-238-6234
Casino Chairpersons	VACANT Krista Hennigar	780-951-7627
Sports Equipment	Rob Jarowka	780-486-2893 780-910-9450
Newsletter Editor/Website	Michael Foster	780 991-4738
Soccer Director	Rob Lewis	carlisesoccerdirector@gmail.com
Program Director	Diane Neiman	780-457-6239
Variety Show Representatives	Michael Foster VACANT	780 991-4738
CDRS Representatives	VACANT Kerri-Lynn Parker Krista Hennigar	780 554-7037 780-951-7627
Hall Rental Director	John Paul Potestio	780-993-3503
Social Directors	Tess Potestio Kara Henebury	780-974-3503 780-995-2444

YOGA CLASSES

For anyone who wants to stretch and learn basic yoga postures ending with relaxation, beginners are welcome. Tuesdays and Thursdays 7:30-8:30 pm. Registration is \$80.00 for 20 classes. \$10.00 for drop in. For more information, call Yvonne at (780) 297-3147. **YAA Certified Instructor**

Fitness Classes

Carlisle Community League has **FAT BURNING & STOMACH FLATTENING WORKOUT**

Carlisle Hall - 14240-117 St
Mondays & Wednesdays 7:30 - 8:30 pm

All levels welcome--beginner to pro

Prepaid registration is only \$80 for 20 classes or drop in for \$10

For more information call Zuzanna at 780-914-1775

AFLCA certified instructor

Hall Rental



CARLISLE COMMUNITY HALL
14240 - 117 STREET
UPPER LEVEL CAPACITY SEATED 99

Members \$300 and Non-Members - \$350

Rental Inquiries Contact

Hall Rental Director

John Paul Potestio

@ 780-993-3503

Now Accept VISA & Mastercard

Memberships

League memberships for 2017/2018 available.
Please contact Tara Pohl-Gobeil 780-218-3399.

Community Kitchen

Carlisle will be partnering with the Salvation Army Castledowns to do a Community Kitchen Christmas baking.

It will be held at the Salvation Army 12404-140 Ave Saturday, December 9th from 12:30pm to 7pm.

10 person limit per class first come first serve.

Cost is \$20.00 per person and you will go home with 10 kinds of Christmas treats. Please contact Arlene 780 -904-3525 to register.



Paint night

December 15, 2017
7:00pm at Carlisle Community League. Member price \$30, Non-member \$35. Please RSVP to Tess Potestio 780-974-3503. Seats are limited.



SELF-PROTECTION & CRIME PREVENTION

Carlisle Community League Outreach for January or February 2018

People in our community *can* prevent themselves from falling victim to crime; by learning personal protection and awareness skills from certified trainers involved with law enforcement.

Practice practical self-defense skills & inform yourself of the common crime types so you can confront the reality of criminal activity without living in fear!

To enroll or get more information about this program, please contact:

Diane Neiman, Program Director
780-457-6239
neimandiane55@gmail.com



SNOWBALL SALE!

December 1st-31st, 2017

Glasses & Sunglasses
1st Pair 10% OFF
2nd Pair 20% OFF
3rd Pair 30% OFF
Conditions Apply

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 Dr. Tony Mann
 Dr. Whitney Diakur

eye-deology
Vision Care

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Merry Christmas and Happy Holidays!

I want to wish all the constituents of Edmonton Castle Downs a Merry Christmas and Happy New Year.

Please join me at my New Year Open House:

JANUARY 11
 6-8 pm, Constituency Office 12120 161 Ave
 Hot Chocolate/ Snacks/
 Come chat with your MLA

Look for me on social media!

Nicole Goehring
 MLA, Edmonton - Castle Downs
 Provincial Government Liaison
 for the Canadian Forces

780-414-0705
edmonton.castledowns@assembly.ab.ca

Edmonton North Animal Hospital

15387 Castle Downs Rd.
 Across from Sobeys &
 Edmonton Public Library
780-476-3444

New Clients & Walk-ins Welcome

- Vaccinations
- Spay/Neuter
- Dental cleaning
- Radiograph
- Soft tissue surgery
- Dog bite wound repair
- Abscess repair
- Laceration repair
- Bladder stone surgery
- Blocked cat procedure
- Blood work
- Porcupine quill removal
- Allergy testing
- Hill's & Medi Cal prescription food

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- Emergency and walk-in appointments available
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- Male and female physicians
- Specialists
- Aesthetic Centre

We are thrilled to join the growing community of Albany and excited to announce the opening of the **Albany Medical Centre, Health Aid Pharmacy and Albany Laser and Cosmetic Centre.**

This shiny new fully-equipped Medical and Aesthetic Centre is here to stand out from the conventional walk-in clinic. Our state of the art centre is going to show you exactly how the tiniest details in your care matter.

Designed by a dedicated team of Health Professionals with over 20 years of experience in the field.

Clinic Services: Routine visits, WCB, Injections & Travel, Gynecology & Urogynecology, Obstetric Care, Referrals & Diagnostic testing, Infertility Investigation and Management, Minor procedure, Notes and Forms, Complete Physicals and Much More!!

Aesthetic Centre: High Intensity focus Ultrasound, Lipolysis and Body Contouring, Botox Injections, Filler Injections, Regenerative Growth Hormones, Platelet Rich Plasma and Meso Injections, Hair and Wrinkle Removal, Pigmentation and/or Tattoo Removal, Skin Rejuvenation, Non-Surgical Face and Chin Lift.

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property – and its inclusions (appliances, etc.) – should be

in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility to maintain home insurance on the property. As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to

confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the

transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

Cumberland/Oxford News

 Cumberland Oxford Community League Website: cocl.org Facebook: https://www.facebook.com/COCLEdmonton		
Executive Board		
Position	Name	Email
President	Justin Yerichuk	President@cocl.org
Vice President	Todd Boyer	VicePresident@cocl.org
Treasurer	Helena Zheng	Treasurer@cocl.org
Secretary	Christine Crowe	Secretary@cocl.org
Baseball Director	Michelle Innes	baseball@cocl.org
Bingo Director	Denine Pelley	bingo@cocl.org
Bingo Director, Assistant #1	Vacant	
Bingo Director, Assistant #2	Vacant	
CDRS Representative	Vini Buecken	
CDRS Representative	Lynnette Thompson	
Communications Director	Christa Gagnon	
Director at Large	Vanessa Forester	
Director at Large	Rosemary Sibanda	
Director at Large	Brittany Yerichuk	
Fundraising Director	Vacant	fundraising@cocl.org
Membership Director	Jackie Nicholls	membership@cocl.org
Neighborhood Watch Director	Ali Haymour	
Past President	Calvin Cazes	
Past Treasurer	Chris Cebula	
Registration Director	Wendy Sellgren	
Registration Director	Joanne Thorlakson	
Soccer Director	Peter Balaban	soccer@cocl.org
Soccer Director, Assistant	Tim Atlee	boys_soccer@cocl.org
Soccer Director, Assistant	Carol Cimino	
Social Director	Kismat Othman	
Social Media/Website	Cameron Tse	
Variety Show Director	Vanessa Latos	
Variety Show Director #2	Vacant	
Volunteer Director	Pam Ushkowski	volunteer@cocl.org
Volunteer Director	Salam Yousef	
COCL Board Positions are filled on a voluntary basis. If you are interested in board positions or would like to get involved, please contact the Board President at president@cocl.org to inquire about vacancies and opportunities.		

Memberships

Your COCL membership helps to support community activities in Cumberland, Oxford, Carlton, Hudson, Skyview and North Oaks. It is required in order to register for soccer, baseball, softball or playschools in ours or any other community.

In addition, your membership entitles you to additional discounts and special offers, including access to sports programs, community skating, free community swimming at Castle-downs YMCA, Grand Trunk and O'Leary Pools and admission discounts to City of Edmonton Leisure, Sports and Fitness Facilities.

An annual membership costs \$15 for an individual or \$25 for a family and is valid from Sept 1 to August 31.

• How to Buy

Membership can be purchased online through the Edmonton Federation of Community Leagues (EFCL) website (\$5 administrative charge applies) or by contacting our COCL membership director at membership@cocl.org.

Board Positions Available

COCL has several positions that need to be filled. If you would like the opportunity to connect with your neighbours and help contribute to your community, please consider these options. Volunteering is a great way to build relationships, take satisfaction in your community and can be extremely rewarding. There can be a real sense of belonging when we are involved with people with shared goals and visions to try and make our community a better place. Plus, as an added bonus, it can count as a volunteer commitment. Please contact president@cocl.org to be connected.

Additional Variety Show Director – Every fall the Castledowns Recreational Society puts on a wonderful 5 weekend run of the “Variety Show – An Evening of Comedy”. 2 people are needed for the committee. They

represent the COCL at the Variety Show organizational meetings, help plan the event and manage the parent volunteers during the event.

Additional Soccer Director Assistant – Soccer is by far our most popular program. The Assistant will help the director process registrations, create teams, manage coaches and represent COCL at ENZA (Edmonton North Soccer Association) meetings and events.

Bingo Director Assistant – COCL participates in an average of one bingo a month. The Bingo Director and assistants manage the parent volunteers and work with the Bingo staff to ensure a smooth running event. One Director/assistant is needed for each event. With multiple people filling this role the responsibilities can be shared equally.

Feel better

From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick this winter, health management nurse Tracy Mullen has seven tried-and-true suggestions to help you feel better.

1. Get lots of sleep. “It’s your body’s way of healing itself,” Mullen says. Shoot for at least six to eight hours a night, and nap if you can.
2. Drink lots of water to prevent dehydration and loosen mucous.
3. Gargle with salt and warm water to relieve pain, Mullen says.
4. When you have a stuffy nose, try a humidifier. “It hydrates and loosens the secretions in your sinus,” Mullen says. Visit [Facebook.com.applemag.ca](http://Facebook.com/applemag.ca) for tips on cleaning your humidifier. You can also use a saline nose mist.
5. Talk to your pharmacist about safe over-the-counter medications for you.
6. Give your body time to heal.
7. Get the free flu shot to prevent future colds and flus.

Protect yourself from the cold

There’s a reason the phrase “Jack Frost nipping at your nose” is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you’re outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.

1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.
2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.
3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.
4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.



Worship with Good Shepherd Anglican Church this Christmas!



Christmas Eve Services:

- Family Eucharist 5 pm
- Choral Eucharist 7 pm

Christmas Day Service:

- 10:30 am

15495 Castle Downs Rd. 780.456.4643 www.goodshepanglican.org

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Immediate Registration Available

~ Will your child be 3 on or before January, register now for January start

~ Watch our website for upcoming Open House Dates

Call now to book a Trial Class

- ✓ Spacious bright environment
- ✓ Friendly, experienced staff
- ✓ Classroom teacher holds a B.Ed. Degree
- ✓ All staff have appropriate certification and criminal record checks
- ✓ Choice of attendance days
- ✓ Regular field trips
- ✓ Class parties
- ✓ Mild speech & language services for children who qualify (deadlines apply)
- ✓ Great parking, easy access
- ✓ Non-denominational

For More Information or to Register
780-473-7216 or www.lcdskids.com

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Enjoy the Holidays at Boston Pizza!
Try our new Holiday menu including the new Classic Lasagna Bolognese - made in-house daily!

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Dunluce News

DUNLUCE EXECUTIVE

Hall: 11620-162 Ave 456-3978

PO Box 36050; Castledowns RPO
Edmonton, AB T5X 5V9

www.dunlucecl.ca

PRESIDENT	Nadine Meads	780-982-6260
VICE PRESIDENT	Sabrina Boutilier	780-232-1925
TREASURER	Loretta Wonitoy	780-457-9101
SECRETARY	Lorna Melnyk	780-456-4596
PAST PRESIDENT	Keoma McMurren	780-457-9101
CDRS REP	Ryan Korpesio Jerry Bernard	780 444-9212 780-885-5333
VARIETY SHOW	Denyse Ward Sabrina Boutilier	587-983-9401 780-232-1925
CASINO	Maureen Ewart Mark Gross	780-457-0708 780-456-5700
MEMBERSHIP	Christina Fletcher	780-484-3051
PUBLICITY	Bev Gross	780-456-5700
SOCIAL	Lorna Melnyk	780-456-4596
BINGO DIRECTOR	Angela Paris	780-920-8999
SOCCER	Ryan Korpesio	780-444-9212
SOFTBALL	Loretta Wonitoy	780-457-9101
PROGRAMS	Registrar	780-914-1775
WAYS & MEANS	Myah Westergreen	780-289-7706
SOCCER EQUIP.	Arlene Pettifer	780-456-3978
BUILDING & ASSETS	Al Chapman	780-456-9292
PLAYSCHOOL	Registrar	780-499-0232
COMMUNITY SERVICES	Trudy Raadik	
HALL RENTALS	Al Chapman	780-457-4342

Season's Greetings

The Dunluce Community League Executive
would like to wish everyone the very best
for the upcoming holiday season and a safe
and prosperous 2018.



Would You Like To Volunteer

DUNLUCE COMMUNITY LEAGUE CDRS Representative

Dunluce Community League is looking for a CDRS (Castle Downs Recreation Society) Rep. You will attend a monthly CDRS meeting and report back to Dunluce Community League. If you would like to volunteer for this position, please contact our President Nadine at: president@dunlucecl.ca or call her @ 780-982-6260
Thank-You

FITNESS CLASSES

**Dunluce Community League has
Fat burning and stomach flattening
WORKOUT**

**At Dunluce Community Hall 11620 – 162 ave.
Tuesdays & Thursdays from 8:00 to 9:00 PM**

**A prepaid registration is only \$80 for 20 classes
or drop in for \$10**

**For more information please call Zuzana at: (780) 914-1775
AFLCA certified**

Bingo Dates



Upcoming Bingos

If you have an upcoming Bingo please see dates below. You will also be receiving a call as a reminder. If you have any questions or you have not received a registration bingo date, call:

Angela- 780-920-8999

Dates are as follows:

**December 2nd, 2017 January 2nd,
February 24th 2018**

**All Bingos are at Kensington Bingo Hall
unless otherwise stated.**

Dunluce Playschool

- a qualified, experienced, energetic and creative Early Childhood Educator

- a great facility- well equipped with lots of room to play

- movement to music, drama, exercise, sports, singing and finger plays
- monthly themes and hands-on activities... everything from stargazing to baking
- Learning through play-educational learning centres that ignite your child's passion for learning

- Exciting fieldtrips - onsite and offsite
- A program dedicated to meeting your child's individual needs
- Preparation for Kindergarten
- Cooperative/Community-based playschool: a great way to meet new families and get involved in your community

Accepting students for our 3 and 4 year old class, starting September 2017. For more information please contact our registrar at 780-499-0232, by email at dunlucepreschool@hotmail.com, or check us out on Facebook!
We look forward to seeing you and your little ones. www.dunlucepreschool.com



Ask Charles

I just bought a house, and on possession day, I noticed the movable island from the kitchen, which I loved when I viewed the property, was gone. Was the seller allowed to take it with them?

The short answer is yes, the seller was allowed to take the movable island with them. A movable island is an example of an unattached good, which are movable items that are not included in the sale of a property unless agreed to, in writing, by the parties. Unattached goods include items such as wall art, area rugs, non-built-in appliances such as microwaves, and even curtains. Unless otherwise agreed to, sellers can take movable items from the property before the buyer takes possession.

The opposite of unattached goods are attached goods. Attached goods are items that you cannot remove from a property without causing damage to the property. For example, chandeliers, built-in appliances such as dishwashers, and curtain rods and brackets are attached goods. Unless otherwise agreed to, sellers are expected to leave attached goods behind.

However, the good news for buyers is, if there is something you like in a property you are considering buying, but it's an unattached good, all is not lost. If you want a particular unattached good included in your purchase of the property, list it as an inclusion in your offer to purchase. Now, it's subject to negotiation between you and the seller. The seller may agree, or they may remove it

from the list of inclusions in a counter offer. It is up to the buyer and seller, with the help of their real estate representatives, to negotiate the transaction, and that includes what items are included or not.

When it doubt, write it out. This is the best way to ensure you know what is included when you're purchasing a property. For larger more expensive items, you may wish to include the make, model, and serial number. This may eliminate a seller's urge to switch nice appliances, for example, with less expensive, used items.

Now, what do you do in the event the seller was supposed to leave something behind, but didn't? If you don't find out until after posses-

sion, you need to call your lawyer as it is now a legal issue between you and the seller. Your real estate professional can attempt to discuss the matter with the seller's representative, but if things aren't fixed to your satisfaction, your only recourse is to speak to your lawyer.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



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Get your errands done while your kids play!
December 18, 19, 20 & Jan 2, 3, 4
10 am to 2 pm
\$40/day per participant
Register online or in person at:
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780-458-3153

25 Chisholm Ave, Bay 104, St. Albert
Located in the Campbell Park Business area

Kids Night Out! December 16th

FOLLOW US! LIKE US!

Never miss another community event or announcement
by liking our "Dunluce Community League" Facebook
page and following us on twitter (@dcljeg)

 **LIKE US ON
FACEBOOK!**

**Dunluce Community Programs
Fall 2017/Spring 2018**

**For more information or registration please phone,
(780) 914-1775, or e-mail zuzana.bado@gmail.com**

PROGRAM	AGE	TIME	FEE	DAY	LOCATION	NOTE
Gymnastics	5-12	TBA	\$50	Wednesday	TBA	Body suit & bare feet
Dance Classes	3 yrs	TBA	\$100	Tuesday	Dunluce Hall	Pink tights, Black body suit
Ballet & Tap	4+5 yrs	TBA	\$120	Tuesday	Dunluce Hall	Ballet shoes, Tap shoes

Lorelei Beaumaris News

2017-2018 Lorelei-Beaumaris Board of Directors

President	Sonya	presidentlbcl@gmail.com
Vice President	Silvija	vicepresidentlbcl@gmail.com
Secretary	Mouna	secylbcl@gmail.com
Treasurer	Ghaida	treasurerlbcl@gmail.com
Ways and Means	Lila	waysmeans@gmail.com
Past President	Cody	pastpresidentlbcl@gmail.com
Gaming Directors	VACANT	bingolbcl@gmail.com & casinolbcl@gmail.com
CDRS Representatives	Jen & Julia	cdrslbcl@gmail.com
Sports Director	Ghaida	sportslbcl@gmail.com
Social Directors	Sabrina & Hanadi	sociallbcl@gmail.com
Memberships	Sabrina	memberships lbcl@gmail.com
Communications	Oksana	commlbcl@gmail.com
Community Safety Directors	Jennifer	communitysafetylbcl@gmail.com
Website	Oksana	commlbcl@gmail.com
Playschool Information	Ashley	www.loreleibeauamarisplayschool.com
General Manager	Maria	hallrentalslbcl@gmail.com 780-686-4415
City of Edmonton Community Recreation Coordinator		Rochelle Diederichs Rochelle.Diederichs@edmonton.ca

LBCL Website: www.lbcl.ca

Facebook: <https://www.facebook.com/loreleibeauamaris>

Twitter: <https://twitter.com/LBCommLeague>

NOTE: If you are having issues contacting someone please contact our Hall Manager who will pass on your message. If you are interested in filling any open positions or would like to get involved please send an email to our president at presidentlbcl@gmail.com.

Lorelei-Beaumaris Hall Rentals

16220 – 103rd Street

Lorelei-Beaumaris Community League has the largest Hall facility in Castle Downs. Hall dimensions are approximately 60 ft x 52 ft (bar to wall)

Accommodation for 448 guests (non-fixed seats), 354 (non-fixed tables & seats), 280 (dining and beverage).

Air conditioned, pot lighting, coatroom, wheelchair accessible washrooms

Raised stage setting (stage dimensions 13 ft x 20 ft wide)

Stage risers for the floor area (Risers consist of 5 units (ea 4' x 8') for a total raised floor stage setting of 20' x 8', grey carpeted & black skirting - \$100 with main hall rental)

Black lecturn (podium)

30 - 5ft round tables, 40 - 6ft rectangular tables 2 - 3ft accent tables

Full, commercial kitchen with natural gas stove & ovens

Spacious wet-bar area with bar-fridge and ice machine

Large BBQ available (cooks up to 65 burgers or 126 hotdogs all at once)

Multi media system available for power-point, slideshows, videos, etc...

We do not have linens or chair covers. Event rental companies will be able to assist you with these items.

All Rates include GST:

\$710 – Fri 4:00pm – Sunday noon

(Note: Sept.- May full weekend bookings must be made at least 8 weeks in advance)

\$450 – Friday or Saturday

\$240 – all day Sunday

\$40 hourly rate (weekdays and Sundays)

\$300 – media system rental



\$35 – music (if recorded music of any sort is played - Socan & Resound tariff)

\$100 - 20'x8' floor level stage risers (carpeted and skirted)

\$75 – Large BBQ (cooks up to 65 burgers or 126 hot dogs at once)

\$50 – dishes rental (plates, cutlery, glassware, limited small wares)

Deposits on ALL Rentals: Hall \$500 Media \$800 (Hall + Media = \$1300)

** Please note that all contracts signed for hall rentals will be required to purchase Renters Insurance for their event date at Lorelei Hall. We will give them the link to FPB Insurance to do this online. **

* Discounts may be available to LBCL Members who are booking for their use. Please talk to the hall manager for more information.

Feel free to call Maria 780-686-4415 for questions regarding hall rentals or to make an appointment to view the hall. Leave a detailed message or email hallrentals@lbcl.ca for more information.

For more photos of our hall please visit our website at www.lbcl.ca or our Facebook page at <https://www.facebook.com/loreleibeauamaris>.

Lorelei-Beaumaris Community League AGM & Outdoor Soccer Registration

Wednesday, February 21 at 6:00 pm

Lorelei-Beaumaris Community Hall
(16220 – 103 Street)

Once the old board has completed their 2017 commitments and all board positions for 2018 are filled with willing, committed volunteers then, and only then, will Registrations happen. Please understand that we cannot run programs or offer activities if we don't have volunteers to take care of all the details and maintain a community league. Please don't wait for someone else to step forward, we need you!

Second Registration :

Sunday, February 25, 2018 from 5:30 pm to 7:30pm

Late Registration:

Friday, March 9, 2018 from 6:00pm to 8:00pm

Late registration will require to complete 2 commitments per registered child.

Registration Requirements

Registration cannot be accepted without all pieces of information listed below:
A Valid Family Community Membership

(available for \$25). Community memberships are available to purchase on registration day. Or online at (<http://efcl.org/membership/>). Registration is done online only at (<http://emsanorth.com/play/register/>). There are step by step instructions how to register. The online registration must be completed before coming to the community registration. Please bring 2 copies of your registration confirmation with you to registration day. One undated deposit Cheque for \$200.00 per Volunteer Commitment.

A Cheque or Cash method of Payment only will be accepted for Registration Fees. (You will also have the option to pay this fee upon registration online).

Player's legal proof of age (eg. Alberta health care, please note: school ID will NOT be accepted). Registration can not be completed without player's proof of age. Proof of address.

See our website www.lbcl.ca/soccer or our Facebook page <https://www.facebook.com/loreleibeauamaris> for more information.

If you have any questions please feel free to contact our soccer director Ghaida at sport-slbcl@gmail.com

Snow Angels Program at Lorelei Beaumaris

Dealing with snow is a big part of being an Edmontonian. Keeping our sidewalks free of snow and ice is critical in keeping Edmontonians moving safely and enjoying winter.

This winter, Lorelei Beaumaris Community is joining the Snow Angels program. As a community, we want to encourage everyone to keep their sidewalks free of snow and ice. We also want to encourage our community members to consider helping a neighbor. Many citizens need help due to mobility or health issues and might not always ask for help. This is your opportunity to make sure our sidewalks safe for everyone and help out our neighbors who might need assistance. Snow Angels will be eligible for a prize pack from Boston Pizza!!!!

Become a Snow Angel by:

❖ Keeping your walk free of snow and ice

❖ Shovelling a neighbor's walk
❖ Starting a conversation with neighbours about the importance of clear sidewalks
❖ Making a plan with your neighbours to share the shovelling

It's that easy! Let's work together to keep our sidewalks clear.

For questions, please contact Oksana at commlbcl@gmail.com

The Snow Angel Philosophy: "Doing my part for OUR community"

If you are a senior needing help shoveling your walk this winter, please contact North West Edmonton Seniors Society: 780-482-1958

Vacant Board Positions

The Board of Lorelei Beaumaris Community League has a couple of vacant positions! If you would like to improve your organizational skills, get an experience in non-for-profit setting, while helping your community and having fun please contact us!!!

We are looking for GAMING Directors

Main duties: help to organize volunteers

for Bingos.

No experience required. We will provide any necessary training. You will not be carrying all the responsibilities alone, but will be working in a team.

If you are interested, please contact Oksana at 780-990-4696 or email: commlbcl@gmail.com

Many hands make the work light!

Lorelei-Beaumaris Community Playschool



Classes Offered (9:00am-11:15am)

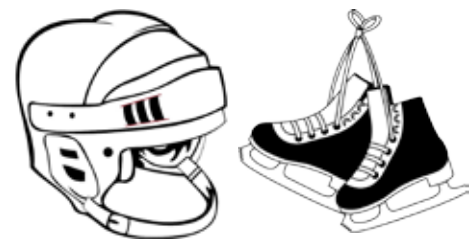
3/4 year olds	Tues & Thurs	\$90.00
4 year olds	Mon/Wed/Fri	\$135.00

To register, please contact our registrar Ashley at: ashley21_miller@hotmail.com or 780 340-1328

For more information or to see what we have been up to please visit the playschool website <http://www.loreleibeauamarisplayschool.com>



Call for donation of used equipment



If you have gently used and unnecessary helmets or skates that collect dust in your garage please consider donating them to the Lorelei Beaumaris Community League. They will be put to a good use by the community children.

Please drop-off during our rink hours:
Tuesday 6:00PM - 9:00PM
Thursday 6:00PM - 9:00PM
Saturday 1:00 PM - 6:00 PM
Sunday 1:00 PM - 5:00 PM
or call Maria (780) 686-4415

Upcoming Bingos

Our bingo dates, held at Kensington Bingo Hall from 4:45pm - 9:45pm

Wednesday, December 20, 2017
Monday, January 22, 2018
Wednesday, February 14, 2018
Sunday, March 4, 2018
Wednesday, April 18, 2018
Monday, May 21, 2018

If you are scheduled for a bingo, you will receive a courtesy phone reminder about a week prior (to the number you wrote down at registration time. You also have your parental commitment date on your copy of the registration form). For bingo inquiries please contact our President Sonya at presidentlbcl@gmail.com

Advice when volunteering at Bingo: Wear comfortable shoes, as most jobs require you to walk around the bingo hall for the shift. Please don't plan on texting friends or standing on the sides; we are expected to focus on our job and circulate throughout the room. You will get a 25 minute break which allows you to sit and relax and you can have a meal from the concession stand for free. Do call-backs quickly (calling out the bingo winner's number) which speeds up the games and gets you out earlier. Have fun; visit with your community members as you walk around, and think of all the good you are doing for your community and your body (it is exercise too!).

Please consider volunteering!
\$50 Tiger bucks will be given for each volunteer spot filled.
Tiger bucks can be used for soccer registration fee or hall rentals.

Learn To Skate Program Offered By Lorelei Beaumaris Community League

We are extremely happy to be able to offer this FREE drop in program again this year! Thank you to our amazing Duncan who offered to run it once more during the month of January!

Sunday, January 7 from 12:00pm to 1:00pm
Sunday, January 14 from 12:00pm to 1:00pm
Sunday, January 21 from 12:00pm to 1:00pm
Sunday, January 28 from 12:00pm to 1:00pm

Please make sure that children have skates and helmets as they are required but not provided. Program will be canceled if the temperature is above 0 or below -20° Celsius with wind chill.

Check our Facebook page <https://www.facebook.com/loreleibeauamaris> for updates.

Meet new friends and learn basic skating skills through fun games and activities!

Memberships

Do not forget to purchase your Community Memberships for 2017-2018! They are valid until August 31, 2018.

Family memberships are \$25 and singles or seniors are \$15.

Lorelei-Beaumaris community league membership can be purchased:

- Mac's Convenience Store - Beaumaris (by Lakeside Landing - 113A street & 153 Ave).
- online by visiting Edmonton federation of Community Leagues (family memberships only, administration fee applies)
- directly from the league. Please email memberships@lbcl@gmail.com

Your community league membership provides you with many benefits:

FREE SWIM at

- Castle Down YMCA (Saturdays 6:00-8:30pm);

- O'Leary (Saturdays 3:45-5:45pm);
- Londonderry (Sundays 4:25-5:45pm);
- Grand Trunk (4:15-5:45pm).

FREE SKATE at

- Castle Down Rec Centre(Saturdays 11:45am -1pm, October - March)
- Lorelei Beaumaris community outdoor rink (Tuesday and Thursday 6:00-9:00pm; Saturday 1:00-6:00pm; Sunday 1:00-5:00pm);
- Various outdoor community rinks (check availability with each community)

FREE community events

DISCOUNT for rental of Lorelei Beaumaris community hall

DISCOUNT for City of Edmonton Rec Centre passes, etc.

For more information please see our Facebook page <https://www.facebook.com/loreleibeauamaris/> or website <http://lbcl.ca/memberships/>

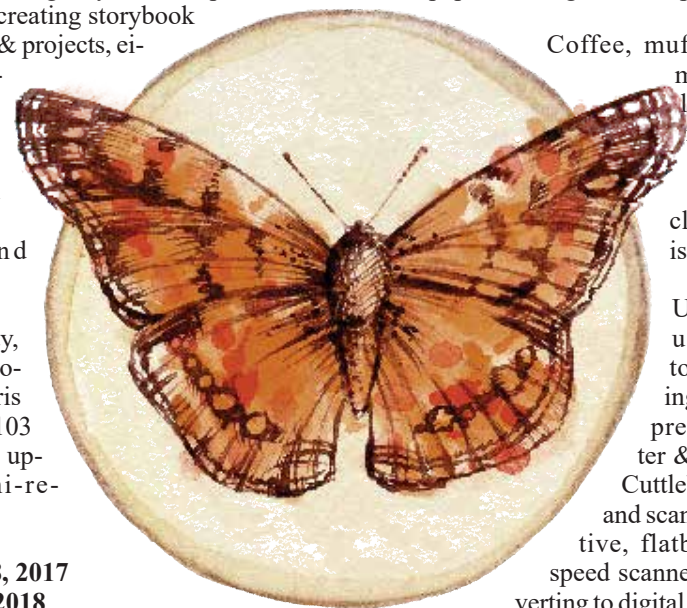
Scrapbooking and Paper Crafting

Want a great way to escape the hustle of life and capture the moments that will last a lifetime? Registration is now open for "Scrap It Up" workshops to give you time, space & lessons on creating storybook photo albums & projects, either traditionally or digitally, or for you to work on your card making, paper crafting and stamping.

Join the crafty, scrappers at Lorelei-Beaumaris Hall (16220-103 street) for an upcoming mini-re-treats on:

November 18, 2017
January 27, 2018
February 24, 2018
October 20, 2018
November 17, 2018

You will have the time and space to scrapbook your favorite pictures either traditionally or digitally or do your card making, paper crafting and stamping.



Coffee, muffins in the morning, light snacks in the afternoon, and supper included in registration fee.

Unlimited use of all tools including Cricut Expressions cutter & cartridges, Cuttlebug & dies, and scanners (negative, flatbed & high speed scanners) for converting to digital. Please contact Tannis at photos@telusplanet.net (780) 885-1647 to register. Participant numbers are limited.

Present this ad for a
FREE BLOSSOM
When you spend \$40 or more*

Apple

Valid at Edmonton-Namoo Centre location only.

*Not to be combined with any other offer. Regular retail value \$3.49. Taxes and gift card purchases excluded. Limit of 1 Blossom per customer. Expires January 31, 2018.

Chicken Tikka Samosas

Vegetable Pakoras

Butter Chicken Naanpanada™

Vegetable Samosas

MAGIC OF THE SEASON

New!

Indian Party Pack

32 PIECES 740 g

Our exclusive collection of savoury Indian starters with a touch of heat. Includes sweet and spicy tamarind sauce for dipping.

Come see our new look and shopping experience!

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T5A 4N2
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*Have a wonderful holiday season from the entire
Dance Theme family!*



WINTER SHORT TERM PROGRAMS (10 WEEKS)

18 months - 9 years:

- Angelina Ballerina (3-5 years)
- Mini Stars (3-5 years)
- Acro (3-9 years)
- Broadway Bound (6-9 years)
- Hip Hop (4-9 years)
- Baby Stars for 18 months to 3 years
- Super Stars - a program for children with learning differences 3 years and older

Imagine It!

A once a month themed adventure class in dance! Visit our website for details!

JANUARY TO JUNE PROGRAMS

- Mini Stars (3-5 years)
- Hip Hop (4-9 years)

Students registering in our January to June dance programs receive a free dance bag or pair of ballet slippers!

Winter Magic Day Camp!

**SATURDAY
December 16th**
1:00pm-3:00pm

AGES 3-6 yrs:

What a great way for parents to have some time to themselves to get ready for the holidays while the children are having a blast at the studio! They will make and wrap two gifts, have a dance class, decorate a cookie and have lots of fun!

Register on line or in person.

The place to be!

Visit our website at
dancetheme.com or
call **780 475 5930**



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780-456-4441

Rink is OPEN

2 RINKS: 1 FAMILY 1 HOCKEY

SKATING FREE WITH COMMUNITY MEMBERSHIP, \$2 WITHOUT
COMMUNITY MEMBERSHIPS ARE SOLD ON SITE. \$15 SINGLE \$25 FAMILY

HOURS OF OPERATION

SATURDAYS: 1:00 PM - 6:00 PM
SUNDAYS: 1:00PM - 5:00PM
TUESDAYS: 6:00PM - 9:00PM
THURSDAYS: 6:00PM - 9:00PM

CLOSED: CHRISTMAS EVE, CHRISTMAS DAY, NEW YEARS EVE, NEW YEARS DAY
WE WILL BE OPEN FRIDAY, DECEMBER 23RD AND FRIDAY, DECEMBER 30TH IN
LIEU OF THE EVES.

THE RINK IS CLOSED WHEN TEMPERATURES ARE ABOVE 0 OR BELOW - 20 WITH WINDCHILL
CHECK OUR FACEBOOK PAGE FOR MORE INFO.
WE HAVE A LIMITED SELECTION OF SKATES AND HELMETS AVAILABLE TO SKATERS AT NO COST.
WE ARE ALWAYS LOOKING FOR SKATE AND HELMET DONATIONS.



LORELEI BEAUMARIS COMMUNITY HALL
16220 - 103 STREET

FREE DROP-IN

LEARN TO SKATE PROGRAM

LOCATION	DATES	DAYS	TIMES
Lorelei 16220-103 St	January 18 to February 22	Thursday	4:30 PM to 7:30 PM

Meet new friends and learn basic skating skills through fun games and activities!
This is a free drop in program targeted for children (ages 6-12), and their families,
however all are welcome to attend.

Skates and helmets are not provided but both
are required to participate.

Programs will cancel at -25° Celsius with wind
chill, or if the ice is closed by the facility.

For more information, please visit:
edmonton.ca/playgrounds or call 311.

@GreenShack

